May 19, 2006 Volume 82, No. 20 **Your Navy Starts Here** 

## The sky's the limit for the WNBA's Chicago Sky

By JUDY R. LAZARUS **Bulletin Associate Editor** 

The Chicago Sky came to Great Lakes this week to have a look at Navy life and get in some practice at Building 440. The newest team in the Women's National Basketball Association (WNBA) will play its first game in Charlotte, N.C. on May 20 and it's first home game on May 23 against the Sacramento Monarchs, the WNBA defending champions.

Sky's president and CEO Margaret Stender says her team is ready. "We have a vibrant and energetic group," she noted.

Visiting Great Lakes gave the team a chance "to learn about and respect what you do here," she said.

Stender compared her team to recruits. "There is a symbolism with us and the recruits here. Both are part of something bigger. This is relevant to us because we are also starting fresh. We're coming together as a team.

The Sky is special for Chicago and for women, the CEO said. "There are a lot of basketball fans here. There is a feeling inside the arena; there is enthusiasm and passion. It's incredible. There's an energy and openness to this fan base.'

Women's basketball has its own fan base, noted Coach Dave Cowens. "It is smaller but extremely loyal. There are a lot of families and children."

Cowens, who played basketball for 11 years, 10 of those with the Boston Celtics, was a seven-time NBA all-star and NBA MVP in 1973. He was named one of the 50 greatest NBA players ever in 1996.

Starting with a brand new operation is challenging but rewarding, the coach said. "It's nice to be part of the team effort."

Cowens, whose coaching experience includes the Charlotte Hornets and Golden State Warriors, is general manager as well as coach for the Chicago Sky. The team, whose franchise was formed in February 2005, is the 14th team in the WNBA and most of its players came through the expansion draft.

Coming to Great Lakes gave the Sky a chance to see what the lives on base are like, the coach said. "It was eye opening. Everybody here is a volunteer too."

"I'm excited. We're all ready to play," said Temple University graduate Candice Dupree, first draft pick in Chicago.

Although she is familiar with military life - both her parents are retired Air Force - Dupree found the visit to Great Lakes of interest. "I think their life is a lot harder than ours," said the basketball player who has lived in Germany, Wyoming and now Florida.

Chelsea Newton and Elaine Powell, are both from Monroe, La.

Newton, who has played basketball in Israel and Poland, was a member of the champion Sacramento team. She was intrigued by everything on the base. "They dodge bullets; we just dodge basketballs,"

Powell, who played in a Russian league,

came on the team a little later, since she was playing overseas. She was interested in life at Great Lakes. "They have to do everything on command," she said. It makes you admire what they go through."



**Sky visits**Rear Adm. Gary R. Jones, commander, NSTC/Navy Region MW (second on right) talks with Margaret Stender, president and CEO of Chicago's WNBA basketball entry, the "Sky" over dinner at Galley 1128 aboard Recruit Training Command, May16. Capt. Michael Moran, commanding officer of RTC (second left) talks roundball strategy with Sky forward Brooke Wyckoff. Photo by OS2(SW) Job Gibson

## A Sailor's perspective of duty in Baghdad

By EVA KOWALSKI **Training Support Center** 

FCC(SW) Daryl Carr has returned to Training Support Center (TSC), Great Lakes following a six-month tour of duty in Iraq, where he worked as a network manager in Camp Victory, Baghdad as an Information Systems Technician.

"I managed the accounts (e-mail and Internet) of over 200 personnel from all of our military branches as well as those from approximately 27 other countries," he

Carr, who has been in the Navy for 16 years, volunteered to serve in an Individual Augmentation (IA) alongside Army and Air Force personnel in June 2005.

IA's are part of a joint service effort in support of the global war on terrorism.

"At that point this war (global war on terrorism) had been going on for two years and between what we were hearing from the media and our leadership ... I saw this as an excellent opportunity to lend a helping hand," said Carr.

"When the request initially came in they were looking for someone with my rate, rank and security clearance. I was one of four personnel eligible," he said.

Carr, who was the Technical Advisor for Information Systems Technician "A" School, left TSC in mid August and headed to Fort Bliss, Texas for combat training with the Army. The two-week training program covered weapons, marksmanship, convoy movement procedures, Improvise Explosive Device detection, and first aid. Improvised

Carr landed in Baghdad on Sept. 4, 2005. "When I arrived in early September the temperature was peaking at 120 degrees during the day and the nights didn't get below 70. Being able to do simple things such as maintaining physical fitness was a challenge because of the heat," said Carr, who worked in a team of fourteen service members comprising Army and Air Force personnel, as well as three Iraqi and one Jordanian officer.

"It was a great learning experience in dealing with other branches of the military,"

"We knew we were there on a mutual mission and that we had each other's support."

Back at TSC as of March 17, Carr has assumed the position of Student Coordinator for Apprentice Technical Training.

- See IRAQ page 2

FCC(SW) Daryl Carr (left), Air Force Airman First Class Ranae Wyatt and IT2 (SW) Walter Scott, pose for a picture from Camp Victory in Baghdad, Irag. Carr recently returned to TSC from a six-month augmentation. Photo courtesy Training Support Center.

#### **Index**

#### Now hear this!

USO is giving away free tickets to Chicago Sky versus the L.A. Sparks game on May 30. Call (847) 688-5591 for details.

## 'Click it or

Safety campaign launched. SEE PAGE 3

### ticket'

Find out what's happening at **Great Lakes!** 

Visit the Great Lakes official websites at www.nsgreatlakes.navy.mil and www.nstc.navy.mil

## A healthy addiction

### CNE Chief gets the 'running bug'

By EVA KOWALSKI

**Training Support Center** 

Since the beginning of April, GSMC (SW) Bryan Hatheway, instructor at Center for Naval Engineering (CNE) Learning Site, Great Lakes, has been running every weekend, totaling eleven races to date.

Even during Mother's Day weekend, which he spent in Ohio with his mom, he managed to browse the Internet and locate two 5K races that he could sneak off to in the early morning. He even placed first in his age group in the Paws 4 a Cause Sunday morning trail race, which took place over terrain tiled by mud with rocks and tree roots in Moreland Hills, Ohio. The trail race also helped raise money for homeless and abandoned cats and dogs.

From trail to track, to help a charity or to just keep fit, running has undoubtedly become Hatheway's new addiction.

But it wasn't always that way. After arriving at CNE in January, Hatheway consciously decided he wanted to be more in tune with the Navy's culture of fitness. A culture which is detailed in a new instruction effective July 2006, which contains a no tolerance clause with three or more Physical Fitness Assessment (PFA) failures in a four-year period punishable by mandatory processing for administrative separation.

Hatheway, who was maintaining passable standards in the PFA, wanted to feel better and experience a healthier fuller life – especially after a road accident late last year, which temporarily slowed him down. So he did what most people find very difficult to do - he reversed his lifestyle and made health and fitness his first priority.

Shortly after making a conscious decision to change his habits, Hatheway discovered running, and shortly after that Hatheway joined the Regional Navy Running and Triathlon Team. Prior to joining the team, Hatheway had participated in two 5K runs and a 10K run back in December in Norfolk, Virginia at his previous command

Out of the 30 people on the Regional Running Team, Hatheway has accumulated the second highest amount of points, preceded only by running guru and Training Support Center Command Fitness Leader ET1 (SW) Catherine Munson.

Points are accumulated for placement and participation.

"Some people run for times, some people run for distance, some people just love running," he explains.

For Hatheway it's part of a new lifestyle, which has entailed major changes and a new take on health and fitness. Hatheway,

who was previously enrolled in the Fitness Enhancement Program (FEP), was bordering acceptable standards in the bi-annual PFA for his age group when he first arrived at Great Lakes. Since then, he has lost more than 50 pounds, quit smoking, changed his eating habits, and substantially improved his fitness and overall health.

"When you commit to these changes, it's something you choose to do for yourself for the rest of your life," explains Hatheway.

Familiar with the hurdles and obstacles of change, Hatheway is also being recruited as an Assistant Command Fitness Leader to motivate others on the FEP program.

"My goal is to continue leading a healthier lifestyle. With that goal come a bunch of smaller goals and the benefits are just feeling better, being more alert and just having fun doing it. From increased self-esteem to overall confidence to looking better, it takes a lot of stress off and it's very motivating," said Hatheway.

With each passing week, Hatheway accomplishes something new, whether it's improving his time or conquering a longer distance. Just two weeks ago he participated in his first 12K run and now he is preparing for his first marathon – the 26.2 mile Chicago LaSalle, which takes place in October.

Hatheway credits much of his success and progress to his mentors, such as Munson who heads the FEP program.

"She encouraged me to join the Kenosha Running Club and pushed me on the PFA. My goal was to make the mile and a half run in 11 minutes and 15 seconds and I actually made it in 11 minutes and four seconds," said Hatheway, scoring an excellent in his most recent physical test.

Hatheway is no longer a stranger to competition and success on the track.

"The first mile and a half I hate...it takes me about a mile and a half/ two miles to get warmed up," he explains.

But once he gets his momentum going there is no looking back.

"He got a little bit of the race bug addiction, once you start winning races and getting medals you get that addiction and the high that goes with it," said Munson, who is familiar with the "runner's high," having completed a 50-mile course last weekend.

Some scientists claim the high that runner's experience is the effect of endorphin production, which occurs during strenuous exercise when the body is fully reaching its potential.

Hatheway said he is more aware of the biomechanics of running, body conditioning and the importance of developing healthy eating habits since becoming fitness conscious.



On the run: GSMC(SW) Bryan Hatheway, CNE instructor, maintains his running form by running during a regular weekday, in preparation for upcoming races including the Chicago Marathon in October. *Photo by Matt Mogle* 

## Vehicle rollover simulator to demonstrate at TSC

## Seat belt safety enforced

**By EVA KOWALSKI** Training Support Center

To illustrate the effects of not wearing a seatbelt in an effort to save lives and raise awareness, a vehicle rollover simulator will provide demonstrations next Tuesday and Wednesday, May 23 and 24, at Bldg. 215, Training Support Center (TSC), Great Lakes between 10 a.m. and 2 p.m. during 25-minute segments.

"The simulator is a life size vehicle with a dummy strapped inside. The vehicle literally rolls over to show the effectiveness of wearing a seatbelt," said GSCM (SW) Bruce Sandy, TSC occupational health and safety manager.

All staff and students are encouraged to attend one of the six sessions that will be available each day.

"We're preparing for Memorial Day,"

"Last year (Navy wide) there were some pretty high numbers reflecting Sailor fatalities and so in order to prepare the command for the 'Critical Days of Summer' which are Memorial Day thru Labor Day, we're going to be periodically running demonstrations and different events throughout that time period to keep people's awareness up and to hopefully reduce the amount of vehicle and off duty recreational mishaps," he said.

During the "Critical Days of Summer" time frame in 2005, 15 Sailors and 14 Marines lost their lives in private motor vehicle mishaps. In addition, recreational mishaps claimed the lives of another 10 Sailors and four Marines.

Sandy added that the demonstrations are quite effective and leave quite an impression on most people.

"If you think that seatbelts are just a law, this will absolutely confirm why you need to wear a seat belt," he said.



The *Great Lakes Bulletin* is published every Friday by Lakeland Newspapers, 30 S. Whitney St., Grayslake, IL 60030, in the interest of military and civilian personnel aboard Naval Station, Great Lakes.

Editorial and news content is prepared by the Public Affairs Office, 2601A Paul Jones St., Great Lakes, IL 60088-2845. All news releases should be sent to the *Great Lakes Bulletin* at this address. Telephone (847) 688-2201/4808.

Opinions expressed herein do not necessarily represent those of the United States Navy nor officials of Naval Station, Great Lakes. Deadline for submission of copy to *Great Lakes Bulletin* is 4 p.m. on Monday the week of publication.

The appearance of advertising in this newspaper, including inserts or supplements, does not constitute endorsement by the Department of Defense or the U.S. Navy.

All commercial advertising is arranged at the office of the publisher, Lakeland Newspapers, 30 S. Whitney, Grayslake, IL 60030 (847) 223-8161. The *Great Lakes Bulletin* has a circulation of 14,000. Subscription information is also available from the publisher.

Everything advertised in this publication shall be available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchase, user or patron.

If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the publisher will refuse to print advertising from that source until the violation is corrected.



#### **NAVSTA** receives Environmental Award

Accepting the Chief of Naval Operations Environmental Quality Non-Industrial Installation Award for 2005, presented to Naval Station Great Lakes on May 3 in Washington, D.C., are, from left, the Honorable BJ Penn, assistant secretary of the Navy, installations and environment; Capt. Richard Postera, commanding officer, Naval Station Great Lakes; Bill Busko, environmental engineer, NAVFAC Midwest; Marcia Lee, environmental engineer, NAVFAC Midwest; and Vice Adm. Justin D. McCarthy, director, material readiness and logistics (N4).

### **IRAQ**

(Continued from page 1)

"Primarily I manage all students who are not in an instructional status. I offer counseling and mentoring and help them with other issues," he said.

As for any advice he would offer to anyone heading to the Middle East on an IA, Carr said, "Number one be respectful of the local cultures and customs. Prepare to learn from other branches of service, be patient and make sure you keep in contact not just your family, but your parent command, so that you're not lost when you return."

"Overall I consider this to be a very rewarding experience, and if asked to go there again I would."

## Safety stand-down features rollover simulator

### Auto, boating and barbecue safety emphasized

**By JIM BOYLAN**Bulletin Associate Editor

On May 11, over 1,200 Sailors attended the annual "Safety Stand-Down" at Recruit Training Command's Drill Hall 7210

Broken into two sessions, one in the mid-morning and the other after lunch, the Sailors were given a "crash course" by Illinois State Trooper James Jenkner on automotive safety with help of a rollover simulator, a boating safety briefing from Illinois conservation police officer William Shannon and tips on barbecue safety. Crash dummies, Ross Johnson, traffic and recreation safety specialist, Regional Lead Naval Region Midwest, and Frank Yantz, of the NAVSTA safety office provided comic relief but with serious emphasis on vehicle safety. The simulator helps demonstrate the life saving benefits of seat belts. Built with a Ford Ranger truck and self contained, it has the ability to run electrically for indoor operation or outdoors with a gasoline powered engine.

Rollovers are common crash types and they account for many deaths and permanent injuries to teens and adults alike.

Throughout Trooper Jenkner's overview he made it very clear that those who drive,

obey the laws, use common sense and consideration no matter the situation that may confront them when on the highways.

"If you are in an accident and not wearing your seat belt do not think that you can brace for the collision with just the use of your arms and legs, nobody is that strong and it is virtually impossible not to suffer bodily harm."

IDNR conservation officer Bill Shannon, former Navy, agreed wholeheartedly with Jenker's assessment of driver safety for it also applies to those who operate motorized water craft. The rules and regulations are very similar and that consideration and common sense apply in this arena.

"The upcoming months of the boating season for boating are crucial when it comes to enforcement of boating safety."

Shannon made it a point toward the end of his briefing that your operating privileges if you are in violation of the drinking laws while operating a boat does not have an affect on your normal vehicle driving privileges.

"As I look into the future that may not be the case. Someday what you do on the water will reflect directly upon your overall vehicle driving privileges."

Rounding out the afternoon program, MM1 Joseph Riley, Battle Stations, went over the some of the safety do's and don'ts when barbecuing. "Remember to always inspect your grills(Propane/Charcoal) before using them," said Riley.

He noted that when using your gas grill



The Crash Dummies show the captive audience at the RTC Safety-Stand Down the results of what would happen if you or your passengers did not wear your seat belts. (Photo by PH1(AW/SW) V.K. Schaefer)

always make sure to check all the tubes that lead into the grill and check for gas leaks. Never use your grill indoors and keep any grill at least 10 feet away from your house or any building. When using charcoal grills, Riley made it a point that you should not use regular lighter fluid but use the fluid recommended by those charcoal manufacturers.

After the presentations OSC(SW/AW) Robert Adkinson, RTC safety officer,

noted that this type of program could not come about without the assistance of our board whose input made this program on safety possible.

"We try to keep this type of program updated and relevant to all our staff at RTC. When it comes to safety we sometimes take things for granted so we need to bring about more awareness with our annual safety stand down," noted Adkinson.

## Asian Pacific Americans overcome challenges, pursue dreams

By MICHAEL E. DUKES

The following is a commentary in honor of Asian Pacific American Heritage Month. This year's theme is "Dreams and Challenges for Asian Pacific Americans."

Army News Service – The United States is a nation founded by and made up of immigrants.

In May, Asian Pacific Americans – a group of people who make up about 5 percent of the U.S. population – celebrate their colorful heritage.

They are Chinese, Filipino, Korean, Indian, Vietnamese and others from the Asian Pacific region of the world. Some trace their roots back many generations of Asian Americans, while others represent the first in their families to come to America seeking a better life.

"Through the years, Asian immigrants and Pacific islanders have enriched the American way of life," said President George W. Bush in a statement on the White House Initiative on Asian Americans and

Pacific Islanders Web site.

"Nobel Prize winner Dr. Subrahmanyan Chandrasekhar's groundbreaking theories on the evolution of stars helped lay the foundation for modern astrophysics," Bush said. "Actress Anna May Wong was one of the first Asian Americans to achieve great fame in American film. And the men of the 100th Infantry Battalion and 442nd Regimental Combat Team, composed primarily of Asian/Pacific Americans, valiantly served our nation during World War II. These units are remembered as some of the most highly decorated in U.S. military history."

Asian Pacific American Heritage Month celebrates the cultural traditions, ancestry, native languages and unique experiences represented among the more than 30 ethnic groups from Asia and the Pacific found here in the U.S., the president said.

Rocky beginnings May has historic significance for many Asian Pacific Americans. On May 10, 1869, America's

first transcontinental railroad was completed – a task made possible largely by the contributions and sacrifices of Chinese immigrants who laid the tracks. And May 7, 1843, marked the first Japanese immigration to the U.S.

Similar to the current-day debate regarding the U.S. "immigration crisis," Americans of the 1800s feared too many Asian immigrants were coming to America. Many Americans felt they were being "overwhelmed" by the large numbers of Chinese immigrants.

Anti-Chinese riots erupted in Los Angeles and other cities in 1871. Laws were created denying citizenship Asian Pacific immigrants.

Trials toward citizenship Most Asian Pacific Americans were denied U.S. citizenship until World War I. On June 24, 1935, President Franklin D. Roosevelt granted citizenship to 500 Asian Americans after they served in the U.S. armed forces during World War I despite the fact that they did not enjoy full freedom entitled by the

Constitution

After Japan bombed Pearl Harbor in 1941, more than 100,000 Americans of Japanese ancestry were placed in internment camps. Yet none of them were found guilty of espionage or treason against the U.S.

The race barrier began to be torn down for Asian Pacific Americans in the 1950s.

House Joint Resolution 10007 officially recognized Asian Pacific American Heritage Week in 1978, and in 1990, President George H. W. Bush proclaimed May as Asian Pacific Heritage Month.

In 2004, there were about 14 million Asian Pacific Americans living in the United States, according to the U.S. Census Bureau.

Today, more than 300,000 Asian Pacific Americans are U.S. military veterans. Of those numbers, 32 have earned the Medal of Honor.

(Editor's note: Michael E. Dukes writes for the Stripe at Walter Reed Army Medical Center.)

## GLakes warns passengers, drivers - 'Click it or ticket'

By JUDY R. LAZARUS
Bulletin Associate Editor

Naval Station Great Lakes joins 11,000 law enforcement agencies nationwide in a crackdown on safety belt violators. The Click It or Ticket campaign, which extends from May 22 to June 4, is conducted by the National Highway Traffic Safety Administration (NHTSA), with support from the National Safety Council, and the National Transportation Safety Board.

The national campaign was launched May 15 at the Chicago Police Traffic Command. Illinois was selected because of the state's successful efforts to increase seat belt use and reduce vehicle deaths.

Department of Transportation statistics reveal that, in spite of the increased use of seat belts, 48 million Americans still do not buckle up. In 2004, according to NHTSA, 31,693 occupants of passenger vehicles, were killed nationally. Of those fatalities, 55 percent were not wearing their seat belts.

"Our main purpose on base is to encourage more awareness to keep our Sailors safe, especially with the holiday weekend coming up," said Ross Johnson, traffic and recreation specialist. "If we can save even one person that's a blessing in disguise."



A damaged automobile shows what can happen when drivers do not operate their vehicles safely. Two wrecked cars, one displayed at Gate 3 and one at Recruit Training Command, were provided to Great Lakes by Unique Towing Inc., North Chicago. *Photo by Judy R. Lazarus* 

## DoD, Congress making progress on Tricare changes

By ARMY SGT. SARA WOOD American Forces Press Service

WASHINGTON (NNS) — The Defense Department has been working hard with Congress for the past several months and has reached some conclusions about how the fee system for military health care should be changed, a top DoD official said here May 11.

"It's universally agreed that there is a serious issue, a serious problem, with the growing health care costs within the Department of Defense, and the potential adverse impact that that might have to sustain our great health benefit," Dr. William Winkenwerder Jr., assistant secretary of defense for health affairs, said in an interview.

DoD has had a lot of good, transparent dialogue with members and committees of Congress, along with beneficiary organizations, Winkenwerder said. There has been emerging agreement in some areas, he said, specifically in the area of pharmacy costs. All parties agree that changes need to be made in the pharmacy co-payment system, and DoD has received some good feedback to modify its proposal, he said.

Congress is debating DoD's proposed Tricare fee adjustments as part of the Fiscal Year 2007 National Defense Authorization Act.

A persistent rumor that the increase in Tricare fees for military retirees will eat up 50 percent of their cost-of-living allowance is not true, Winkenwerder said. He asserted that the increases in Tricare fees will be dramatically less than the increases in retiree pay.

All the senior DoD and military leadership support the Tricare fee increase as a necessary means to sustain the military health care system, Winkenwerder said. The chairman and vice chairman of the Joint Chiefs of Staff, all the chiefs of staff, vice chiefs of staff, and surgeons general wrote a letter to Congress supporting DoD's efforts and asking Congress to work with the department, he said.

"Within the department, there's almost universal agreement about the problem and

the proposal," he said. "But having said that, it's important that members of Congress and others get a comfort level or some level of agreement about what we're doing, and that we move forward together."

"Something's gotta give; so, unless you can have that financing coming in, we're concerned that the system would really run into trouble."

> Dr. William Winkenwerder Jr. Assistant Secretary of Defense for Health Affairs

Changes to the Tricare fee system are essential if the military is going to sustain its health benefit at the current level, Winkenwerder said. Unless financing continues to flow into the system now and in the future, it will be impossible to keep up the quality of care, he said

"Something's gotta give; so, unless you can have that financing coming in, we're concerned that the system would really run into trouble," he said. "That's why taking action now or in the very near future is important, and waiting two years or beyond would not be a good idea, because it just makes the problem harder to solve."

Winkenwerder and other DoD officials have said that if the fee system is not changed, the health system will take up 12 percent of the DoD budget, at \$64 billion, by 2015.

The discussion so far about the Tricare fee increases has been spirited and heartfelt, but always professional, Winkenwerder said. A lot of good ideas have been exchanged, he said, and he is confident about the future.

"We're optimistic about being able to make changes over the next months and into next year that would be the right thing to do and certainly very important to do," he said.



I had been in the Navy for four years and was close to reenlisting. It was a pivotal point in my service.

I was doing well in the Navy and was contemplating what to do next. Being on sub duty was arduous - no sunlight and no windows. I was a Navy cook and had always been one.

I was on a four-month deployment starting in the Pacific Northwest. We were going from Bangor, Washington to Florida on the USS Florida. We started off with a fishing trip in Alaskan waters. A third of the crew had bought fishing licenses and took part in fishing from the top of the sub. We caught salmon and halibut, with the captain catching the first ceremonial fish.

Some of the crew cleaned them and I cooked them on the grill.

We fished for eight hours, wrapping up at the end of the day. It was great breathing fresh air. A lot of fish were caught. That's when I first began to like fish. We even gave away some of our catches to people on a seaplane that had "landed" near us.

We continued on with the patrol for a couple more months underwater when all of a sudden, late one afternoon, the captain announced "Prepare to Surface" The captain surprised us with "topside liberty." Every single day that week we surfaced for late afternoons and sunsets before submerging again. We even had a "Swim Call," my first.

We also watched a movie, an eight millimeter, topside one night. Our screen was a sheet pulled between two large poles. That was something - watching a movie in the middle of the ocean at night. I really enjoyed it. I was done with my work after dinner so I went up and watched it.

I had done many patrols underwater before, but they weren't like this. This was an unusual trip, a complete break from the mundane. It was our captain's last cruise and it would have been mine too if I had left the Navy.

One-and-a-half months later we pulled into port in Fort Lauderdale, Florida at spring break for a namesake visit. Fifteen thousand people toured the sub. There were big-wigs and news teams welcoming the USS Florida to Florida. Everybody loved us.

I had thought maybe I'd move on from the Navy but that trip basically changed my mind. I decided that life isn't so bad in the Navy after all. And, there was no way I wanted to do anything else except be a submariner. Five years later I became a chief.

If you are a chief petty officer — active duty, reservist or retired — and would like to contribute to "Sea Stories," call the Bulletin staff at (847) 688-4800 and we'll be happy to talk with you. - Ed.

## Early education, prevention are key to healthy smiles

**By TERRY J. GOODMAN**TRICARE Management Activity

FALLS CHURCH, Va. - Most educators agree that teaching children early helps build a solid foundation for future learning success. Part of a child's educational curriculum should include proper oral hygiene and prevention to ensure their smiles last a lifetime

The TRICARE Dental Program, managed by United Concordia Inc., is supporting this education and prevention effort by promoting early enrollment of children in the dental program and encouraging dental examinations for infants by their first birthday.

According to Air Force Col. Gary C. Martin, director, Dental Care Division, TRICARE Management Activity, children are automatically enrolled in the dental program at age four, but Martin recommends that parents enroll them by age one to promote good dental habits and prevention of tooth decay and gum disease. Additionally, there are no copays for children in this age group for diagnostic and preventive services, excluding sealants.

"Early prevention and treatment not only promotes a lifetime of proper dental care, but it can prevent unnecessary and expensive surgical procedures," said Martin, who is also a dentist. "I can't emphasize enough the importance of enrolling children early in the TDP. It increases the probability of parents to use preventive measures for their children."

According to the American Dental Hygienist's Association (ADHA), dental decay (cavities) is the most chronic disease

of childhood, affecting 50 percent of children by middle childhood, 7 to 12 years of age, and more than 80 percent by late adolescence. The best way to ensure that children do not get cavities or periodontal disease is to instill proper oral habits early.

Dr. Samir J. Naik, a UCCI network dentist located in Falls Church, Va., shares Martin's view on starting dental education and prevention early in a child's life.

Parents should brush and floss their children's teeth until they are able to do it on their own, Naik said. When they are able to brush and floss themselves, parents should watch them and ensure they are doing a thorough job.

According to the ADHA Web site, waiting until the first tooth breaks the gum tissue may be too late to ensure healthy teeth and gums. Parents should regularly clean their baby's gums with a wet cloth. It stimulates the gum tissue and removes food.

When the first tooth cuts through, parents should use a soft-bristled toothbrush and a small amount (about the size of a pea) of fluoride toothpaste to prevent dental and gum disease

Providing fillings, crowns and root canals are part of being a dentist, but Naik would rather his patients not require these costly and sometimes painful procedures, especially for children. Additionally, the earlier children start going to the dentist the more they will feel more at ease when going for their annual exams.

"They get used to being in a dental office early, and in my experience it definitely helps prevent dental phobia," Naik said. "Also, going to the dentist at an early age reinforces good oral hygiene habits at home"



#### Flowers for free

Lisa Hall (left), Forest City's neighborhood manager in Forrestal Village, helps Susan Atkins pick out flowers at the Welcome Center on May 11. The public private venture group was offering for free a variety of flowers as part of the Annual Yard of the Month competition that begins in June. The trays of flowers consisted of marigolds, petunias, impatiens and other annuals. *Photo by PH1(SW/AW) V. Schaefer* 

# Viewpoint • • • >

## Readers Speak Out

This week the Bulletin asked its readers, "What aspect of your daily routine do you look forward to doing the most and why!"



"Setting up for events. I like seeing the Sailors enjoying themselves!"



"Dealing with the service members. Anything to help them out is a lot of fun!"

Frederick Coleman

R. Joseph



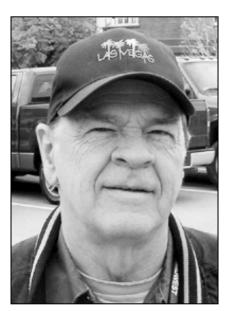
"Working out at the gym in the morning. It relaxes me and gets me ready for the day!"

LN2 Marie Holecomb



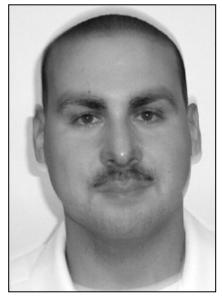
"I enjoy talking to the students. I try to give them my experience of what to expect out in the fleet and seeing them become a success!"

ABHC Thomas Elledge



"Weekends when I can spend time with my family and my one-and-a-half year old granddaughter!"

Dave Meinert



"Customer service. Enjoy helping people out!"

**SK3 Raymond Roldan** 



### How to reach us

Phone Numbers:

Office: (847) 688-4808 Fax: (847) 688-4945

Paul Engstrom ......paul\_bulletin@yahoo.com
Judy Lazarus ......jlazarusglakes@yahoo.com
Jim Boylan .....jboylan@nwnewsgroup.com

#### Tracy Austin to give tennis tips

The United States Tennis Association (USTA) and Shoreline the Community Tennis Association is sponsoring a free Tennis Block Party on May 20 between 1 - 4 p.m. at the Twin Cities Park on Washington Park Ave. Tracy Austin, Wimbledon and US open Tennis Champion, will be on hand hitting tennis balls and sharing fitness tips starting at 2. Tennis instruction, interactive games and attractions will also be offered. For more information contact Maggie Robinson at 847-295-4615 during the day or Kathryn Butzlaff at 847-234-3068. *USTA photo* 



## Great Lakes Snapshot

Name: Jeanette Stankus

**Hometown:** Buffalo, New York

Job title: Flag Protocol Officer

Time in position: 5 years

What do you enjoy most working at Great Lakes?

Meeting people

**Childhood ambition:** Airline

Stewardess

First job: Department Store Cashier

What do you enjoy doing in your spare time? Penny slot

machines and bowling

**Dream car:** VW Passat

**Favorite music artist:** 

Carpenters

Favorite book: "Hugs for Moms"



JEANETTE STANKUS

If you could meet any person-alive or dead-who would it be: President JFK

Your perfect day: Any day in Hawaii with my husband, Dave and

daughter, Dawn

Your hero: My Dad

## Information, Tickets & Travel Building 400, 688-3537

Information, Tickets and Travel (ITT) Bldg. 400, 688-3537 Hours of Operation Mon.-Fri.: 10:00 a.m.-5:00 p.m. Sat.: 10 a.m.-Noon Sun. & Holidays: Closed June 17 & 18.

#### **Special Military Discounts Offered on** Navy Weekend at Six Flags Great America including their new waterpark!

Six Flags Great America (in conjunction with the MWR Department) salutes the military community by offering a special discounted ticket price on Sat., June 17 or Sun., June 18 (choice of either day) from 10 a.m. to

All active-duty military, reservists, retirees, DoD employees and their family members and guests are eligible to participate in this spectacular weekend of fun including Six Flag's new waterpark, "Hurricane Harbor"! Tickets cost \$26.50 per person. Parking is free. Tickets will be on sale at ITT, Bldg. 400-Student NEX Store; Great Lakes Youth Center, Bldg. 2600; The Loft, Bldg. 2A; Zapper's, Bldg.'s 130-H (HCS), 616 and 621; RTC Recreation Center, Bldg. 1326 and Kid's World-Glenview, Bldg 8801. Tickets must be purchased in advance. Discounted tickets are not available at Six Flag's main Gate.

#### **Six Flags Great America/Hurricane Harbor Waterpark**

Purchase your daily and season passes for Six Flags Great America, which includes the new Hurricane Harbor Waterpark at the ITT Office: Admission: \$38 - Adults \$36.25 -Children (under 54") 2-Day Pass - \$55 Season Pass - \$90 per person Military Ticket Vouchers (MTV) Through the Military Ticket Vouchers (MTV) program, ITT Offices can provide their customers discounted pre-paid admission to theatres, theme parks, museums and other attractions throughout North American.

Military Ticket Vouchers can also be used to save significantly on the cost of lodging reservations at hotels and resorts throughout the U.S. Call today for a list of attractions at 688-3537.

#### Chicago Cubs baseball

All June tickets will cost \$52 each. The following June games will be available for purchase: -Tues., June 13; 7:05pm vs HOU - Wed., June 14; 7:05pm vs HOU - Sat., June 17; 3:05pm vs DET - Sun., June 18; 1:20 pm vs DET - Mon., June 26; 7:05pm vs MIL - Tues., June 27; 7:05pm vs MIL Restrictions: Limit two tickets per person, one game per month.

There is absolutely zero tolerance in the resale of ITT's tickets. When you purchase your ticket and sign your name to it, you are bound to that agreement. See posted signage for details.

#### **New Leisure Travel** Office at ITT

The MWR Department's ITT Office is pleased to announce the opening of a leisure travel operation, in cooperation with Fox World / American Express, in the ITT Office, Bldg 400 (NEX Student Store).

An experienced travel agent will be available on Mondays and Wednesdays from 10 a.m.-5 p.m. to handle leisure travel needs including ... Air travel at special Military discounts! Emergency and dependant travel! Off duty and leave (vacations)! Tours and cruises, many at Military discounts!

#### Noah's Ark - America's **Largest Waterpark!**

Residing on 70 acres in the heart of Wisconsin Dells, Noah's Ark, America's Largest Waterpark, boasts 41 waterslides, two huge wave pools, two endless rivers, four children's water play areas, Paradise Lagoon activity pool, two group amusement rides, 18-hole mini golf, three arcades, shopping, gourmet desserts and much more! Noah's Ark is continually evolving, offering the most variety of water rides anywhere in the nation. This summer is no exception with the introduction of "Time Warp" the world's largest family bowl ride.

The ticket cost is only \$26 each at the ITT Office.

#### **Stop by the ITT Office for** more information on **Amtrak Services!**

Commemorative Bricks Etch your name in Great Lakes' history by purchasing a Commemorative Brick, available through the ITT Office. Bricks will be placed around the walkway to graduation at the Recruit Training Command. For more details, and/or to fill out an order form, stop by the ITT Office today! Special Military Rates Downtown Chicago Holiday Inn Hotel & Suites Chicago Downtown Now serving Great Lakes with discounted rates from \$89/Night (King or two Double beds) Located on Harrison St. at Canal St., four blocks south of the METRA Kenosha North Line stop and two blocks from Amtrak/Union Station, Greyhound Terminal, and Scarlett's.

Hotel features an outdoor rooftop pool & deck and Aurelio's Pizza & Lounge. Sears Tower, Greek Town, Grant Park, the Museum Campus, and the Lakefront are all minutes away. Clinton "L" stop of the CTA Blue Line is located at the base of the hotel.

Offer subject to availability. Stop by the ITT Office for additional information or visit www hidowntown com For advance reservations, call (312) 957-9100 and ask for the NAVY rate.

#### Need a weekend getaway?

\$44.99 per night (double occupancy) Extended Stay Hotels is offering special military rates for Extended Stay America - Vernon Hills, Homestead Studio Suites -Vernon Hills and Crossland - Waukegan for Friday, Saturday, or Sunday nights.

Whether you choose Extended Stay America, Homestead Studio Suites, or Crossland you can make yourself at home in our studio suites with fully equipped kitchens. In addition, all local phone calls are free and each hotel is pet friendly. Onsite guest laundry facilities are available 24 hours, daily.

Relax and enjoy the weekend at our hotels centrally located in Lake County off I-94 and minutes away from nearby shopping as Hawthorn Mall or Gurnee Mills, restaurants, golf courses, and movie theatres.

Special military rates are also available for longer term stays over seven nights. Stop by the ITT Office for additional information www.ExtendedStayHotels.com. advance reservations call: ESA Vernon Hills (847-821-7101), Homestead Studio Suites Vernon Hills (847-955-1111) or Crossland Waukegan (847-688-0402).

#### Laugh a lot at **ComedySportz in Chicago**

Finally, a fun, fast-paced comedy show that's great for the whole family. It's ComedySportz, improvisational comedy played as a sport by members of the World Comedy League. Two teams battle for laughs and points as they make up scenes, games and songs on the spot. The audience votes for the winners, a referee calls the fouls and they even play the national anthem before each match. Get your tickets today at ITT for only \$15.

#### ITT is now selling Navy Pier - Spirit of Chicago **Harbor Cruises!**

Enjoy either a dinner or a lunch cruise with a grand buffet, dancing, Broadway music and the sights of Chicago!

#### Rinkside Sports **Fun Passes!**

ITT offers Rinkside Sports Fun Passes for only \$12, located in Gurnee Mills Mall. The Fun Pass includes a \$5 Fun Card to be used for video games, one admission to the Ice Skating Arena, one skate rental, one laser-tag game, one free slice of cheese pizza and a small soda (a \$25 value). Use the Fun Passes to host your child's next birthday party! Metra Tickets ITT has METRA commuter train tickets on sale! The cost is \$4.50 for a round-trip ticket, or \$2.25 for a one-way ticket from North Chicago to downtown Chicago, a savings of over 50 percent off the regular ticket price.

Movies: \$2-Adult (Military or DOD)

\$1-Child (ages 6-11), Free-Under age 6 Ross Theater is located in Bldg. 110 and is open to everyone. Children 17 years of age and under trying to gain access to a "R-Rated" movie must be accompanied by an adult.

**GREAT MOVIES AT A GREAT PRICE!** 

Fri., May 19 6 p.m.



PG 13~For drug content, language, sexual material and some violence. (100 Min.)

Fri., May 19 8:30 p.m.



PG 13~For thematic material, language and some violence. (108 Min.)

Sat., May 20 6 p.m.



PG~For some mild language and innuendo. (90 Min.)

Sat., May 20 8:30 p.m.



R~For strong violence, sexuality and language. (110 Min.)

Sun., May 21 3:30 p.m.



LARRY THE CABLE GUY:

PG 13~For crude and sexual content and language. (89 Min.)

Sun., May 21 6 p.m.



R~For strong sexuality, nudity, violence, language and some drug content. (113 Min.)

The movie schedule is subject to change without notice. For up-to-date information,

call the MWR Scoop Line at 688-2110, ext. 697,

24 hours-a-day or check the web site at www.mwrgl.com

## Places to dine • Places to go

### Enjoy a delicious lunch at the Eagle's Nest!

Eagle's Nest Cafe is a great place for lunch, with its scenic view of Lake Michigan. The menu features hot and cold sandwich platters, juicy burgers and a rotating daily special.

New ... Salad Buffet with Bowl of Soup! Monday, Wednesday and Friday. 11 a.m.-1:30 p.m. \$6.95 Chef's Specials!

Located on the lower level of the Port O' Call, the New ... Tuesday-Mongolian BBQ Station, \$6.95. Pick from an assortment of fresh vegetables, meats and sauces, served on rice - all with an Asian flair!

> Changed to Thursdays ... Thursday-Pasta Action Station, \$6.95.

Select from a trio of pasta, fresh vegetables, meats and savory sauces!

### Naval Station



Morale, Welfare & Recreation

## Keeping it real: a prescription for success

By LT. CMDR., IMAN **MUHIYYALDIN IBN NOEL** CHC, USN

Throughout the course of human history entire cultures and civilizations, as well as individual lives, have very often been enhanced through the benefit of traditions. They guide us. They ground us. And most importantly they allow us – through reflection - to place things in their proper perspective, in short, 'to keep it real.'

The story that I would like to share in this writing is one of my personal favorites. It is about the Prophet Moses (peace be upon him) and that well documented 40-year jaunt through the wilderness.

We know from Biblical history that Moses (pbuh) had a very special relationship with God. From the time of the 'Burning Bush' at Sinai to the arrival of the Hebrew people into the 'promise land,' Moses (pbuh) was known to have had direct conversations with the Creator in his time of need or despair.

It is related that it was during this 'exodus' that Prophet Moses (pbuh) became ill with very strong stomach pains. In fact, the pain was so severe that he fell to his knees in agony, visibly disturbed. Summoning his remaining strength he was seen to lift his face to the heavens from his lowly position and from earth's lap he called to God in prayer, '...my Lord, help me for I suffer.' As God had done so many times in

the past, He responded, "Moses, do you see that tree off in the distance? Go to it and remove a piece of its bark and boil and then drink the broth." Moses (pbuh) did as he was instructed to do and as the broth warmed him the pain was cooled. But! 40-years is a long time - and as things would happen,

Moses once again became infected with symptoms and pains similar to the first illness. This time, however, Moses (pbuh) did not call out to God in prayer for aid or assistance. This time Moses (pbuh) simply scanned the horizon for a tree similar to the first tree and upon finding it, repeated the process performed earlier. The tree found - the broth prepared, Moses eagerly drank it. The results, however, were far from what he expected. For this time, as the broth touched his lips, instead of being healed Moses found himself prostrated, withering in pain upon the ground. It was at that moment that he called out to God saying, 'My Lord, what has happened? My pain is so great.' And God, speaking to Moses (pbuh) now in a loving and guiding tone responded, "Moses, you put your faith in the tree, and I am the one that healed you.'

Sometimes in the daily hustle and flow of life – the day-to-day challenges and struggles of personal and professional and the fine lines that too often divide them, we can lose 'clarity' of focus or perspective. This 'tradition' has been offered as an aid to keep it real, as a prescription for success.

Peace and May God Bless.

## Vacation bible school — Chaplain's Corner chillin' for faith and fun

Come join us for fun, learning, and growing in faith in a non-denominational Vacation Bible School at Forrestal Village Chapel this summer!

This year's program is called Arctic Edge, and will be led by both the Catholic and Protestant directors of religious education under chaplain oversight. We'll be learning about what it means to be Christians with the help of some polar bears, moose, back-woods guides and other Arctic friends. Plus, find out what the secret Arctic code, "Välj älg varje helg" means!

This VBS is for children who have completed K through sixth grade. We will have the support of the adult staff — military, civilian contractors, and volunteers including a licensed RN and hospital corps-

Call Forrestal Village Chapel at (847) 688-3490 to apply for a place for your child and/or to sign up as a volunteer helper. Space is on a first-come, first-served basis. We will keep a waiting list if applications exceed our capacity of 100. Note: Child care for nursery and pre-K's is available only for children of VBS volunteer leaders. Youth who apply to be volunteer leaders must be from 14 to 18 years of age.

Arctic Edge Vacation Bible School begins Monday, 26 June, through Friday, 30 June, from 8:15 a.m. to noon. Arrive at 8 a.m. the first day to get checked in! We will have a barbecue and awards party immediately after the close of VBS on Friday.

Don't miss the cool, Christmas-in-June summer chillin' with Arctic Edge Vacation Bible School!

## DoD announces increase in foreign language pay

By ARMY SGT. SARA WOOD **American Forces Press Service** 

WASHINGTON (NNS) — The Defense Department announced May 10 an increase in foreign language proficiency pay for qualified military personnel, effective June

The maximum monthly pay for activeduty service members who are proficient in another language will be increased from \$300 to \$1,000. For National Guard and reserve members, a \$6,000-peryear bonus will be offered.

fiscal 2005 National Defense Authorization Act and will be focused on languages that are strategi-cally important to DoD,

This increase comes under the

such as Middle Eastern languages and Chinese Mandarin, said Air Force Lt. Col. Ellen Krenke, a Pentagon spokeswoman.

The goal of this increase is not necessar-

ily to boost recruiting and retention, but to identify already qualified service members whose skills are untapped, Krenke said.

"This will encourage them to self-identify so we can get a better handle on what we have," she said.

The increase is also meant to motivate service members to study languages, so the military can develop a strong corps of language professionals, Krenke

> "It's another way that we have to encourage people to pursue this skill as part of a military career," she

According to Pentagon figures, about 247,000 service members have some language proficiency, but only about 20,000 have had their skill cer-

tified and receive proficiency pay. About 7,249 service members are listed as proficient in Arabic.

## Navy Exchange to offer zero percent financing

All Military Star card purchases of \$250 or more made at any Navy Exchange worldwide during May 15 - 29 will be entitled to zero percent down and no payments for three months.

At the end of the 90-day, interest-free period, the customer will be assessed finance charges at the variable Annual Percentage Rate, at 12.74 percent.

"The NEX is offering this zero percent Exchange locations worldwide."

financing as a way to show our appreciation to all our loyal customers," said Michael Good, Navy Exchange Service Command (NEXCOM) chief operating officer.

The promotion, along with the average 21 percent savings and no sales tax, will help our Navy family make the purchases they need.

This promotion is good at Navy

## Worship today in the faith of your choice

## Command Religious Program Schedule

#### Catholic Sun., 9 a.m. Sunday Mass .......Bluejacket Memorial Chapel Sun., 10:30 a.m. Sunday Mass ................................Naval Hospital All Faiths Chapel Sun., Noon Sunday Mass ......Forrestal Village Chapel Mon.-Fri., 11:45 a.m. Weekday Mass .......Bluejacket Memorial Chapel Sun, 10:30 a.m. Catholics Seeking Christ ......Bluejacket Memorial Chapel

#### Protestant

Wed., Noon Praise, Word and Worship ...........Naval Hospital All Faiths Chapel Sun., 10:30 a.m. Contemporary Worship ..............Bluejacket Memorial Chapel Sun., 10 a.m. Family Worship Service ........................Forrestal Village Chapel

#### Church of Jesus Christ of Latter Day Saints

Great Lakes chaplains are happy to help you find a place of worship according to your tradition and needs.

#### Liturgical Protestant

Anglican priests Chaplains Allen (at Forrestal) and Ray (at Bluejackets), will co-lead this service. Worship follows the forms of the Book of Common Prayer and should be familiar to most Christians of a liturgical background. Holy Communion is open to all baptized Christians who seek and recognize the presence of Christ in the Eucharist.

#### Chapels

 Bluejacket Memorial Chapel - Bldg. 3, NTC • Forrestal Village Chapel - Bldg. 2630, Ohio St., Forrestal Village • Naval Hospital All Faiths Chapel, Wing 2 South

### **League Standings**

#### Stats as of May 13

#### FLAG FOOTBALL

8 May 06 **USS COLE** USS Essex

Note: Three other games were postponed due to Ultimate Command Challenge.

2006 Captain Cup Points Sports Completed Flag Football, Basketball, Volleyball

On going -5K Runs - Next Race - 9 May 06 Peter Pan 5K Softball – Season Begins in May

Coming up-Golf (May), Bowling (May/June), and Tennis (June)

For all Captain Cup events, please check with the appropriate facility for proper registration and rules.

Captain Cup Points after three events (Flag Football, Basketball, Volleyball)

Command	Points
RTC	65
ATT	35
TSC	30
Naval Hosp.	17
TPU	15
CNE	10
Army	5
NRC	5
Marines	5
NAVFAC	5
PSD	5
Navy Security	5
BEQ 832	5
•	

## You bring the game, we'll provide the basketballs...

This summer, all across the country thousands of U.S. military personnel and their families will face off in Scion Slam 3-on-3 Military Basketball Tournaments for a chance to win \$1,000 and a whole lot of respect on the black-

At 12 different locations reaching tens of U.S. military bases, contestants will get to see which one of their brothers and sisters "in arms" can "play ball" during this one-day event! Who has the best skills? Who's got that three-point line on lockdown?

On Saturday June 3, the Scion Slam 3-on-3 Military Basketball Tournament rolls into Naval Station Great Lakes (behind Pier 525-west side) with an opportunity for the first-place team to walk away with \$1,000. The best part of this tournament, win or lose, there is no entry fee.

For those who prefer watching, come out on game day to see what the Scion buzz is all about. The Scion Slam Team collaborated with the local Morale. Welfare and Recreation (MWR) to add a custom car show where everyone on base can come and show off their rides. First-place winner for the car show will walk away with \$250 and a custom trophy. The second place winner will earn \$100 and the third-place finisher will receive \$50.

There is also a free throw contest and a three-point contest with a first-place cash prize of \$250 and a second-place prize of \$100. Handpicked Scion D.J.'s will also cut and spin a Hip-Hop soundtrack for the day.

Do you "Got Game" and have what it takes? Prove it. Register now for this exclusive event. Go to www.mwrgl.com for more information or register directly on-line at www.scion.com/scionslam. No Internet? Stop by the fieldhouse, Bldg. 440, for assistance on signing up. For further details, call 688-3419/5315.

## Outdoor activities at the Great Lakes marina

By JIM BOYLAN Associate Bulletin Editor

The Great Lakes Marina and recreation areas within, are officially open for the 2006 season. With Old Man Winter now a distant memory, the spring season in full bloom, the lazy, crazy days of summer are just around the corner. The Great Lakes Marina Boat House located in Building 13 with the hours of operation from 8:30 a.m. - 5 p.m., Monday through Saturday and on Sunday from 8:30 a.m. until noon, have a variety of programs and events scheduled to keep everyone healthy and happy.

The following programs and events are scheduled for your spring/summer pleasure:

Beginner and Intermediate Sea Kayaking Classes will be offered on Saturdays from 9 a.m. until Noon. These three-hour classes will teach "kayakers" proper paddling strokes, simulated roll techniques and safe-

The cost for beginner classes are \$25 (military) and \$30 (civilian). There will also be classes conducted for the intermediate level at \$30 (military) and \$35 (civilian). Please contact the Marina (5417/6978) when the classes begin.

Youth Water Sports Camp is open to ages 9-15. The session runs from August 15-18 (Tuesday thru Friday) from 10 a.m. - 4 p.m. The cost is \$125 for military family members and \$150 for civilian family members.

Participants will be instructed on the proper techniques of sea kayaking, canoeing, fishing, sailing and powerboat handling.

July 25 -28 (Tuesday-Friday), the Junior Sailing Camp will open to ages 9-15. The camp will run from 10 a.m. - 4 p.m. with a cost of \$100 (military), \$125 (civilian). Youths will be instructed on basic fundamentals to safely sail a small dinghy sailboat. Juniors who pass all elements will receive a U.S. Navy Sailing "A" Level Qualification.

The Marina's Ship Store will carry 2006 fishing licenses and salmon stamps, which are necessary to fish legally in the State of Illinois. The license/stamps include the resident annual at \$13.50 and \$19.50 for resident/salmon/inland trout stamp. Also available will be the 24-hour licenses and combination fishing and hunting licenses are in stock at (price). We also have the latest information on rules and regulations for fishing in the State of Illinois. T h e store will be carrying the latest in boating/fishing equipment and supplies for the season including live bait, nightcrawlers, fat heads, minnows and salmon eggs. Other items in stock include bait buckets, dip and landing nets and rods and reels at value prices and if the item you need is not in stock we can order and get your request within 24-hours of initial order. You your outdoor gear at the Marina Rental Center to make your outdoor spaces for larger boats on moorings. 5417 or 6978.

experience more pleasurable and rewarding.

If you have never taken a charter to catch the 'BIG ONES', Cast Away, MWR's 331foot charter fishing boat will be offering excursions for three, five, and eight -hour trips. Reserve your date and time by phone or in-person. Lake Michigan fishing charters may be booked for up to six people per charter. The military rate for these trips is \$275 (military), \$310 (civilian) for 3 hours; \$360.00 (military), \$400.00 (civilian) for 5 hours; and \$475.00 (military), \$540.00 (civilian) for 8 hours.

Reserve Nunn Beach House for a special party, a command function or a family reunion. The Beach House offers restrooms, a large grill, covered shelter for inclement weather and a fireplace. The rent is \$35/hour, minimum three hours. For approved command functions the rental is

At the north end of the Marina is our RV Park and Campground. The 50-foot sites include power and toilettes. Showers can be taken in Building 51. Rental is \$13 (military) and \$15 (civilian) on a nightly basis. We have primitive campsites for rent. These sites are located on the south lake front and open all-year round. The rental charge will be \$7 (military) and \$10 (civilian) with check in at the Marina Bldg. 13.

If you own a boat, spaces will be available for boats 16-27 feet on piers, as well as Reserve a spot for your vessel this season by contacting the MWR Administration Office at 688-2110, ext. 117.

### Upcoming events and projects

The annual Memorial Day "Blessing of the Fleet" is scheduled for Monday, May 29th in the morning at the Great Lakes Marina. June 10-11, 2006 the Illinois Department of Natural Resources has designated "Free Fishing Days" whereby anyone who wishes to 'wet a line' can do so without an official fishing license.

After a 5-year hiatus, 4th of July Fireworks are planned for the Ross Field/Marina with fun starting around Dusk (8:30/9 p.m.).

On August 19th take a boat trip from the Marina to the "Air & Water" Show, Navy Pier, Chicago. Also in the works are Snorkeling & Dive Trips. Further information will be posted in the Great Lakes Bulletin on the show and dive trips.

Two permanent Beach Volleyball Courts are being installed in front of Nunn Beach House and will be available for use Memorial Day weekend. In June the U.S. Army Corps of Engineers will be commencing the first phase of dredging designated area of the marina with the addition of new piers and docks in the future plans. For more information about any of the above

The Great Lakes Marina will be conducting a used boat sale. Boats will be sold on a minimum sealed bid offer. Bids must be turned in by Sat., June 3 at 6 p.m. Bids will be opened on Mon., June 5. The boats can be viewed at the Marina (BLDG 13) from 8:30 a.m. to 6 p.m., seven days a week.





The 1985, 31-foot Chris Craft Commander is equipped with four electric downriggers, a Garmin 210 GPR, auto pilot, and full cover and safety gear. Minimum bid is \$6,000. The 41-foot sailboat is a Sparkman Stevens Design has a full inventory of sails and includes a storage cradle. Minimum bid is \$7,500. For more information, visit or call the Marina at (847) 688-5417 or (847) 688-6978.

## A look into the German navy of World War II

Erich Raeder: Admiral of the Third Reich by Keith Bird. Naval Institute Press, 291 Wood Road. Annapolis, Maryland 21401 (www.NavalInstitute.org). 2006, 271 pages.

**By LT. CMDR. YOUSSEF ABOUL-ENEIN** MSC, USN

This is the eleventh book published by the Naval Institute as part of its Library of Naval Biography series. Keith Bird is Chancellor of the Kentucky Community and Technical College System and has published extensively on German naval and military history. He has the advantage in that he reads German and can therefore explore original documents and sources.

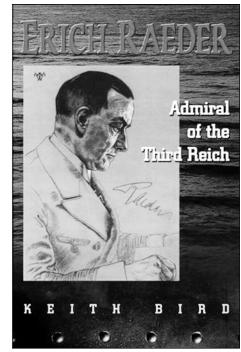
This book focuses on the Commanderin-Chief of the German Navy or Kriegsmarine while the Nazi's were in power from 1936 to 1943.

Raeder is typically overshadowed by the Nazi Admiral Karl Donitz, the chief of Hitler's submarine forces and technically the last Fuhrer after Hitler committed suicide in 1945. Raeder's biography is frankly more revealing than Donitz, because he served under three different German navies the Imperial Navy, the Reichmarine (under the Weimar Republic) and finally under Hitler's Kriegsmarine.

He also oversaw the clandestine expansion of the German Navy in preparation for Hitler's entry into World War II, the design of the infamous panzerschiff (pocket battleships). Reader also pushed for the draft of Plan Z that envisioned a Nazi Navy of 500 ships and included the Nazi's only incomplete aircraft carrier the Graf Zeppelin would be built on his watch as supreme commander of Nazi naval forces.

The book begins with his formative years and his evolution into an excellent organizer and administrator, after Germany's brief encounter with the British Navy at Jutland in World War I, Raeder would immerse himself in studying German Admiral Tirpitz rationale for the ineffectiveness of the German Navy in World War I. He would then read the classics of naval strategic thought of the period like American Admiral Alfred Thayer Mahan, French naval tactician Raoul Castex and would translate French Captain Rene Daveluy's book Study of Naval Tactics to formulate and mold their theories into a uniquely German form of naval warfare.

Raeder was not proponent of one strategist or another but absorbed them all, and came up with his own theories based on Germany's limitations. He would design the ideas of commerce raiding and using a combination of naval cruisers designed to engage in commerce raiding as a means of weakening Britain's superiority at sea. By concentrating German cruisers into two or three against an adversary's single ship or merchant fleet one could create what called Krafteaugslich (equalization of forces). He



would need all his powers of persuasion in convincing the Fuhrer of the utility of a navy.

The book captures the arguments between Raeder and Hitler over the size and utility of a German fleet. Readers will gain an appreciation for Raeder appealing to Hitler after the Japanese attack on Pearl Harbor of Germany's need to take maritime combat operations more seriously.

Raeder envisioned Japanese and German combined fleets opening new fronts in the Pacific and Indian Oceans. This plan would never be operational. Although we often read of the tactical pains and final success against German forces in Europe, this book delves into serious strategic decisions Hitler makes that cripples Germany's operational effectiveness.

One of Raeder's final efforts was to convince Hitler of the need to station battleships and cruisers in the Mediterranean in support of the Africa Corps under Rommel. He saw that getting supplies to forces in North Africa and guarding those supply routes was the key to victory. Hitler did not take his ideas seriously, and the British were saved by an infusion of American tanks and equipment in Egypt, while German and Italian forces were ground away by the desert.

Raeder would be tried in Nuremburg and released from several years in prison.

This is an excellent book that is recommended for U.S. Navy personnel. It is useful from time to time in our current Global War on Terrorism to pause and return to classic naval thought, tactics and strategy.

Editor's Note: LCDR Aboul-Enein is Middle East Policy Advisor at the Office of the Secretary of Defense and is a regular book columnist for Naval District Washington Waterline and Naval Training Center Great Lakes Bulletin.

# Make your backyard a hummingbird haven

Discover the keys to attracting hummingbirds to your yard. These iridescent, fast-flying birds are one of the smallest birds, but also one of the hardiest birds. Some hummingbird species are known to make non-stop 18-hour migrations. Hummingbirds migrate back to the Illinois area each May. Join the Lake County Forest Preserves to learn more about this speedy, vibrant, little bird and how you can invite them into your yard at a special program titled Attracting Hummingbirds. The program is geared for adults and children.

Attracting Hummingbirds will meet on Sunday, May 21 from 1:30 to 3 p.m. at Ryerson Woods near Deerfield. In addition to sharing practical, proven methods for making your backyard a hummingbird

haven, the program will teach about their habits, food requirements and the type of vegetation they fancy. Cost of the program is \$7 (\$5 for Lake County residents). All ages are invited. Pre-registration is required. To register, call 847-968-3321 or register online at www.LCFPD.org via the "Calendar of Events" listing.

Ryerson Woods is located near Deerfield on Riverwoods Road between Half Day Road (Route 22) and Deerfield Road, just west of the Interstate 94 Tollway.

For more upcoming spring programs offered by the Lake County Forest Preserves, call (847) 367-6640 and request a free copy of the Horizons quarterly newsletter or visit online at www.LCFPD.org.



## Your "Home Away From Home" For current program info see Web site: www.uso.org/Illinois

Your USO Great Lakes "Home Away From Home" Has So Much to Offer!.

Six computers with Internet, printers and fax (\$1 per hr)

A library with books and magazines you can take with you! FREE

Quiet study rooms large enough for groups.

Big screen movie rooms with all the latest movies. FREE!

Four Pool tables FREE!

A Music Room with guitars, drum set, keyboard and amps. FREE!
Art Room loaded with art supplies. FREE!
Play station 2, N-64 and X-Box with all the latest games. FREE!
NO DOUGH DINNER/KAROKE! We feed you the night before payday!
Don't forget "No-Dough" dinner the night before each payday at 5:30 p.m.

#### NAVY PIER TICKET INFORMATION

The Standard I-Max tickets: Regular price \$10.50. USO Price is \$5.

Standard tickets cover the 50-minute, 3-D movie.

Tickets are available for purchase at the Navy Pier USO.

The Premier I-Max Tickets: Regular price \$14.50. USO Price is \$8.

Premier tickets cover full-length movies and are available for purchase at the Navy Pier USO.

The 3-D Thrill Ride offers discounts when presenting a military ID.

The Sea Dog offers discounts when presenting a military ID.

The Shoreline Water taxi is free for military in uniform.

The Tall Ship Windy offers free rides to military in Uniform.

For information on all USO, special events go to www.uso.org/Illinois and click on link to Special Events or the link for the Calendar of Events. The Great Lakes USO is Located in Building 27 on the Great Lakes Naval Station near the Front Gate. The hours of operation for center usage are Monday-Friday 1500-2100 and Saturday and Sunday 1100-2100. The USO is open Monday – Friday from 0800-1500 for outreach programs, ticket programs, and general assistance. For any questions or comments, call (847) 688-5591. Serving Our Troops Since 1941: The mission of the Corporation is to enhance the quality of life of the U.S. Armed Forces personnel and their families and to create a cooperative relationship between U.S. military communities and involved or supporting civilian communities.



"Holly," a one-year-old mixed, long-haired tabby, is looking for a owner. She is available for a \$50 adoption fee that includes spaying/neutering, shots and medical tests. She is described as sweet and affectionate and makes a great "lap cat." The point of contact is the Great Lakes animal warden, who can be reached at (847) 688-5555, ext. 239 and the Great Lakes veterinary clinic at (847) 688-5740.

## CLC foundation hosts golf outing to benefit scholarships

The College of Lake County Foundation is looking for golfers to participate in the 2006 Joan Legat Memorial Golf Outing on Monday, May 22 at Glen Flora Country Club in Waukegan. Proceeds from the event will benefit the Foundation's scholarship fund, which helps deserving CLC students reach their educational goals. In 2005, the golf outing raised \$29,640 for CLC scholarships.

Glen Flora Country Club, established in 1911, is a private 18-hole golf course known for its difficult greens. Registration for the golf outing begins at 10 a.m., followed by lunch at 11 a.m. and a shotgun start at 12:30 p.m. During the 18-hole

"scramble" tournament, golfers will have the chance to win prizes, including a 2006 Jeep Commander, provided by Liberty Auto City.

After the tournament, the event will continue at 5 p.m. with cocktails, hors d'oeuvres and a silent auction, as golfers and guests are entertained by the music of Jazz Beaucoup. One of Glen Flora's famous dinner buffets will be served at 6 p.m., followed by the presentation of prizes and awards. Donations are \$350 per person. Tickets to attend the evening reception only are \$50. For information and registration, call (847) 543-2400.

## NIDBR brings equipment to Alaska for testing

Spending five days in Barrow, Alaska, the northernmost city in the United States, was a cold but rewarding experience for Capt. Dale Ehrlich and Dr. David Charlton of Naval Institute for Dental and Biomedical Research (NIDBR). The dental research personnel had been looking for an arctic area to test dental equipment during transportation and every-

day use. BY JUDY R. LAZARUS NIDBR has already **Bulletin Associate Editor** tested equipment in a hot dry climate (Kuwait) in 2004

and hot wet climate (Okinawa) in 2005.

Ehrlich and Charlton flew into Barrow from Anchorage. Airlines from Anchorage or Fairbanks provide the main method of transportation to Barrow. The community is like other areas in Alaska, with no roads connecting it to other communities.

Barrow, which is 340 miles north of the Arctic Circle has a population of approximately 4,600 people. It is one of the world's largest Eskimo settlements in which traditional culture and modern life blend together.

"We shipped all of the equipment needed to set up a field dental operation into Barrow," said Ehrlich. "This included dental units, hand pieces, sterilizer, portable X-Ray equipment, lights, and dental chairs."

Equipment was shipped from NIDBR and examined upon arrival in Barrow to ensure that nothing was broken and that it had withstood the cold during transit.

"Our work was a combined effort with three dentists from the Indian Public Health Service, who take dental equipment to different villages many times a year, sometimes several trips each month," Ehrlich said. "Our mission was to show them the equipment, to explain how to set it up, and to demonstrate how to use it.

"This test equipment will be used by dentists and their assistants, in addition to their own equipment. And it will be left there for six to nine months."

"We are collaborating with the Public Health Service dentists," Charlton said, "because, like the Navy, they have a need for lightweight, portable dental equipment that can be transported to remote villages.

"We brought a number of portable dental units with us to allow the Public Health Service dentists and assistants to evaluate very simple ones as well as those with many features," he added.

Ehrlich, NIDBR technical director, and Charlton, a subject matter expert in charge of dental equipment testing, were in Barrow during March, when temperatures reached 47 degrees below zero. "It actually reached a high of 25 below while we were there. That was a heat wave," Ehrlich added with a smile.

This project benefitted the Navy as well as the Alaskan population, the captain noted. "It saved us the time and money it would take to send military personnel up there to test the equipment. It would cost us a fortune to set up a whole testing operation and it wouldn't be as thorough as this is. We would have had to take the time to get to know the people," he added. "And this way they have their own doctors testing the equipment."

The professional staff at Barrow includes Dr. Amanda Gaynor, dental clinic director; Dr. Ben Thornal and Dr. Eli Mayes, staff dentists, and Elizabeth Reekie-Neakok, dental hygienist. Dental assistants are Pilar Salamat, lead assistant, Muriel Tagarook, Joanna Leavitt, Salomi Nageak, Greta Stuermer, Lorena Gray, Faye Valdovinos, Heather Long, Selene Leavitt; and Kim Edwards, dental program assistant

"We've really been excited about this project," said Capt. Stanton E Cope, Jr., commanding officer of NIDBR. "Its an extraordinarily successful program. If Navy dentistry is going to use this equipment in the field it should be tested in all types of environment. We never know where it's going to have to be used. We've been able to identify deficiencies in the equipment, and have gone back to the manufacturer who has made the necessary changes immediately.

"This has been one of the best organized and well-run projects I've been associated with in all my years in the Navy," the CO said. He credited Ehrlich and Charlton, as well as Capt. James Ragain Jr, former NIDBR commanding officer, with getting the project off the ground.

Photos by Capt. Dale Ehrlich and Dr. David Charleton



**Dental assistant Salome** Nageak, left, learns how to set up equipment from Staff Dentist Eli Mayes.

Like PLACID FLA 4774 AILES

2.945 LOS ANGELES, CA

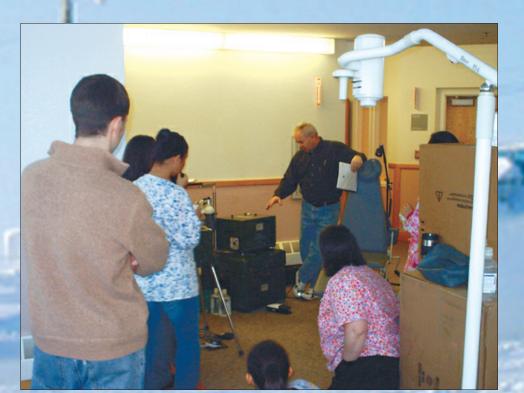
3,000 HL CHICAGO

PARIS.FRANCE 4086 MI.

Proof that the temperature is 40 degrees below is provided on this telephone pole located right outside the NIDBR visitors' hotel.



Hygienist Elizabeth Reekie-Neakok, right, checks the manual as Kim Edwards, left, and Greta Stuermer, center, help assemble the dental unit.



Dental assistants observe as Capt. Dale Ehrlich discusses and demonstrates how the new dental equipment

**Downtown Barrow posts a direction sign which informs** Alaska natives that Chicago is 3,000 miles away.